



# Lowton West Primary School

This is our policy for learning about emotional wellbeing and mental health.

## What do we mean by emotional wellbeing and mental health?

Mental health or emotional wellbeing is about how we feel, how we think and how we behave. We feel that it is about:

- Being able to make friends and keep friendships.
- Being friendly, respectful, caring and polite.
- Being able to have fun.
- Being interested in and enjoy learning.
- Being able to understand good and bad feelings or thoughts and talk to someone about their feelings.
- Being able to bounce back from any problems.



### All children and young people need to:

- Be able to join in with others and play in groups and teams.
- Know that we can and we are able to do it!
- Know that we have a voice that will be heard and that we are a huge part of our school community.
- Know we have the confidence to break things down into small steps.
- Know that everyone can feel wobbly and need somebody to talk to.
- Know that they are safe in school and respected by everyone in school.



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At Lowton West Primary School there is a mentally healthy environment where pupils:

- Have the chance to take part in activities that encourage belonging such as after-school clubs, school events, assemblies, performances and school trips.
- Have the chance to have their voices heard.





- Participate in our Achievement Assembly to share successes.
- Have individual talents recognised and challenged.
- Have choices to feel better about themselves by looking after themselves and others.
- Understand we have choices to think about something that's happened. Forgive, forget and start a new chapter.
- Are able to get extra help if we need it.
- We have a right to be in a school that is safe, clean, attractive and well cared for.
- We are surrounded by adults who are positive, supportive and show us respect.



Our school Lowton West Primary provides us with lots of ways to promote positive mental health through our learning and extra activities eg. After school activities, Circle Time, Team building, Jigsaw lessons, Peer Massage, play, visitors into school/special events, Nurturing Talk, Therapeutic Groups and Mindfulness in class. Lunchtime Club, Wigan Family Welfare school counselling service, physical activities, rewards and celebrations, etc.



In school we can go to Mrs Westhead, Mrs Gould, Mrs Brooks, Mr Rigby, our class teacher, teaching assistants & Miss Green in her role as PSHE leader or any other member of staff (including Premier Sports staff) if we have any problems or feel a little wobbly.

We can also speak to our trusted friends.



This agreement will be reviewed by the school community every year.

**Reviewed by the School Council**

